

LET GO OF YOUR
EGO
AND YOU WILL FIND
GOD

By
AiR
Atman in Ravi



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PREFACE

When I first got this flash that it is the ego that stops us from realizing God, I wondered, 'How could the ego stop us from God?' My Spiritual Master had sent me an equation in his letter, and I pondered on the equation for long.

MAN-EGO=GOD

GOD+EGO=MAN

Finally, one day, I realized the truth.

To put it in simple words, my realization was this - If we let go of our ego, we will realize the truth about God. Our ego makes us blind to the reality. Along with the mind, it becomes our biggest enemy – Mind +

Ego, ME. The mind and the ego make us live as 'I' and this very 'I' makes us live and die without realizing God.

Each one of us is not just the gross physical body that has two eyes to see, two ears to hear and a mouth to talk. We have organs of action like our hands that grasp and feet that walk, amongst others. We also have certain vital organs that make us live - our heart, brain, kidneys, and lungs. However, this is just the hardware of the body. We also have a software that drives this body to act. It is MIME – the Mind, Intellect, Memory, and Ego. Unlike the gross body, this is the subtle body. We can't touch and feel it,

although we know it exists.

Just like a computer cannot function only with the hardware and software, but also needs a power supply to boot it, our body too, needs power to energize it. The life force within us is our Soul. Thus, it is these three essential aspects—the gross physical body, the subtle body - MIMÉ, and the Soul—that together comprise us, that makes us a human being.

All along as we live, we think we are the ME, the Mind and Ego, the 'I'. We have a name, a surname, a nationality, a religion, and an occupation. We identify ourselves further when we say, 'My height

and my weight is such,' and it defines our very existence.

Who is this 'I' that keeps saying this is 'my' hand or who proclaims that this house is 'mine', or this car is 'mine'? The 'I' that constantly says 'me' and 'mine' is our ego! All through our life, till our last breath, we keep on believing that we are the ego. We live and die in ignorance as we are lost in the myth which we are taught!

I was lucky! My Spiritual Master inspired me to go on a quest to realize the truth. After two years of being on a quest—my *Talaash* gave me answers that baffled me. I realized that I was

not the ego that I thought I was for 48 years. Even my name was just my identity and not my reality. My biggest realization was that my ego was my biggest enemy. It was stopping me from realizing God.

With the grace of the Divine and the guidance of my Guru, I realized the truth about God, that God is not a statue nor a saint. God is a Power that none of us can paint. God is the very Power that gives us breath. Without God, we would be dead. What we call 'the Soul' is Divine Energy that gives life to each of the over 30 trillion cells of our body. My realization made me even change my name from Ravi to

AiR – *Atman* in Ravi or Soul in Ravi.

What stops us from the realization of the truth? What stops us from finding God, the Power that is within? It is our ego. If we let go of our EGO, we will find GOD.

Let me share step by step how I realized this Divine truth!

***If you let go of your EGO,
I can promise you one thing -
you will find GOD.***

WHAT IS THE EGO?

We all speak of the ego. We say, 'My ego is hurt,' just as we tell others, 'Don't be egoistic.' But do we know what exactly ego is? Ego is the Latin word for 'I'. The ego is an identification of who we are. It is a mark of our existence. It sees 'me' being different from 'you' just as what is 'mine' is not 'yours'. The ego lives with 'I'ness, 'my'ness, and 'mine'ness. The ego is alive till we die. There are both positive and negative sides of the ego. While we cannot kill the ego, we can transcend it.

'ME' – OUR BIGGEST ENEMY

We all know we are 'me'. The 'me' is 'I'. Not many of us know that the 'ME' is Mind and Ego. If we go further, we will realize that our subtle body is MIME - Mind, Intellect, Memory, and Ego; it is the 'software' of our body. All along, we don't realize that ME is our biggest enemy. The ME makes us live in ignorance and makes us suffer.

*I feel I am ME, the Ego that follows the Mind,
I have a fine body, each part I can find.
But the ME itself is my enemy, how can this ever be?
When my Intellect comes alive, then this truth I do see.*

I = IGNORANCE

We live without realizing that we are ignorant. This is the biggest problem – our ignorance about our ignorance. It is the ego that is inflated with ignorance. What is the ignorance that we are talking about? The first question that we have not answered is 'Who am I?' Am I the body that is constantly changing? Am I the mind that I cannot find? What will happen to me after I die? What is my purpose on earth? We don't have answers to any of these questions. We just live in ignorance till we die. We have eyes to see, but we are blinded by ignorance.

WHO AM I ?

Until we go on a quest, we will never realize who we truly are. In the first phase, let us understand who we are not. The body is constantly changing, and we cannot be this body. We were a child that was earlier a baby and before that, an embryo and a zygote. One day, the body will die, but we know that we depart from the dead body. Our first realization is that we are not the gross body that dies, but rather the MIME - Mind, Intellect, Memory, Ego. This is not the ultimate reality. But it is one step forward in realizing the ultimate truth - we are not even the ME, Mind and Ego.

OUR EGO MAKES US SUFFER

Most of us say, 'I have a headache' because the ego believes that the head is 'me', otherwise we would say, 'My head is aching.' It is our ego that makes us suffer physical pain. The misery of the mind is also caused by ME - Mind and Ego. The ego suffers beyond this, as it gets agonized with anger, hate, and revenge. All this suffering is because of our ego. We can overcome suffering if we realize we are not the body, we are not the mind. We must let go of our ego if we want true bliss, peace, and joy.

*It's the Ego that causes us agony,
And suffering of the body and mind.
When we let go of our Ego,
True bliss and joy we will find.*

WHO IS, WHERE IS AND WHAT IS GOD?

We pray to a God without truly knowing who God is, where God is, and what God is. Some of us realize that God exists, but we think he is somewhere far away in the skies on a distant star. The ego separates us from God and makes us live in ignorance. The ego stops us from realizing that God is within. Along with the Mind, the Ego lives as ME and suffers without realizing God. God is not a statue or a saint. God is a power. But the ego believes in the myth and doesn't realize the truth.

A JOURNEY CALLED LIFE

What is life? Most of us just exist and die. We don't realize that death is not the end; it is just a bend. Life is like a drama. After one act, there will be another. We are just actors, we come, and we go.

Our new role in a new life depends on our Karma, our past actions. While we seek pleasure and happiness, we suffer and experience misery too. The cycle of birth and death goes on and on. Our ego stops us from going on a quest and realizing the truth about life.

IN QUEST OF THE TRUTH

Most of us just live and die. We don't ask questions: Who am I? Who is God? What happens after death? These questions can't be answered with knowledge. It needs realization. Realization happens when we go on a quest in search of the truth. We have to drop the Ego and the Mind, because it is the ME that stops us from starting our quest to realize the truth.

*We must go on a Quest, and we must ask, 'Why?'
Who is this 'me'? Who is this 'I'?
Who is God and where is He?
We must find answers before we die.*

THE EGO, DEATH, & REBIRTH

Every human being has to die, but death is not the end. It is only a bend. The body dies, but the one who was alive, wakes up in a new body. Karma controls our rebirth. Nothing happens by chance. The ego that thinks, 'It is me,' lives and dies only to be reborn and to suffer. Our goal is liberation, to overcome ignorance and realize the truth. The Buddha who was born as Prince Siddhartha, went on a quest to attain Enlightenment. As he let go of his ego, he realized *Nirvana*.

SELF-REALIZATION

Self-realization is the realization of the truth about the self. It is not just having knowledge, but rather a deep intuitive realization. One realizes *Neti Neti*, I am not the body, I am not the mind. It is the realization that we are the Divine Soul. A realized Soul transcends ME – Mind and Ego and lives as a *Jivanmukta*, a liberated Soul. Unless we drop the ego and transcend ME, we will not reach the state of Self-realization and move towards the next step of God-realization.

GOD-REALIZATION

We can't discover God, invent God or find God. We must realize God. To realize God we must open our 'real eyes' as we overcome the darkness of ignorance. The ego that keeps saying 'I' and 'me,' along with our mind, stops such realization. God is everywhere. All beauty is Divinity. We must be enlightened with this truth. God is the life power in you and me. The moment God leaves, we are dead. Just like when a balloon is deflated, the air inside it merges with the air that is everywhere, so at death our Soul becomes one with the Supreme Soul. If we let go of the ego, we will realize the truth of who we are, just as we will realize God in the temple of our heart.

LETTING GO OF THE EGO

The moment we behave as the ego, we cannot see the light of God. The 'I', 'me' and the 'mine' distances us from God as it makes us live in ignorance.

The famous Indian poet Kabir Das said, '*Jab main tha tab Hari nahin, Jab Hari hai main nahin... Sab andhiyara mit gaya, Jab deepak dekhyah mahin.*' It means, 'When 'I was,' then 'God was not,' now 'God is' and 'I am not.' All the darkness and all the illusions mitigated, when I saw the light within. There was illumination.' The light of God gets enveloped in the darkness of the Ego. It is only when we let go of the ego that we will find God.

REALIZING GOD WITHIN

God lives within the temple of our heart. We are ignorant of this. Unfortunately, since we are searching for God outside, we don't realize God inside. The ego constantly says 'I' and 'me' and stops us from going within. To realize God within, we must live our life in Yoga, in constant Divine Union. The Yogic cycle has *Dhyana* Yoga, *Bhakti* Yoga, *Gyana* Yoga and *Karma* Yoga - Yoga of meditation, of devotion, of education and of action. We have to pass the 4 doors of Dispassion, Discrimination, Discipline, and Desire for the Divine to realize the power within. We have a choice. Either we can let go of the ego or we can let go of God.

LIVING IN ANANDA

The ego makes us suffer the triple suffering of the body, mind and ego. It stops us from living in *Satchitananda*, Divine bliss that comes from being conscious of the truth. We are not this body or mind. We are the Divine Soul. God, the ocean of happiness, is within us. But the ego stops us from realizing this. Either we can be miserable with thoughts or we can be blissful, as we remain conscious of the truth.

*We can live in Ananda,
In Divine bliss,
If we only let go of the Ego,
We will experience this.*

OUR ULTIMATE GOAL

Our ultimate goal is to realize that we are the Divine Soul, not the body, mind and ego. God is the cause, we are the effects, the Divine manifestations. The ego stops us from this realization and from our ultimate goal. Today, science agrees that the human cell is nothing but energy. We are God particles. If we want to achieve the ultimate goal, we have to let go of the ego and live as the Divine Soul. Then, there will be Purification which leads to Illumination. If we have truly transcended the ego, then we will start living as a *Jivanmukta*, a liberated Soul. If we let go of the ego, at death, we will be liberated and be united with the Divine.

ABOUT THE AUTHOR – AiR

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to help people discover the way to Eternal Happiness through Enlightenment. He was born in Bangalore on October 15, 1966 as Ravi V. Melwani. At a very young age, he mastered the craft of business and revolutionized retailing in India. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.

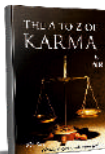
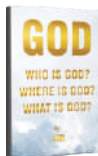
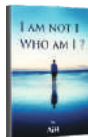
As a part of the Humanitarian initiative, 3 charitable homes were set up to provide

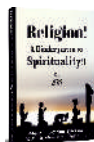
free medical treatment and care to over 800 suffering homeless people. AiR also built Shivoham Shiva Temple in the year 1995 in Bangalore, though AiR now believes that people should go beyond religion to truly realize God. Inspired by his Guru, Dada J.P. Vaswani, AiR went on a spiritual quest to attain Enlightenment.

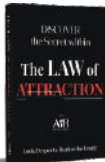
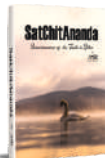
After a few years of intense search in retreat, he realized that we are not this body. We are the Soul, the *Atman*. He metamorphosed to AiR - *Atman* in Ravi, gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. He lives his life with just one mission – to help people

Ask, Investigate, and Realize the Truth. Based on his realizations, AiR has published over 70 books, composed and sung about 1500 bhajans, written several blogs, quotes, and poems. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts AiR Spiritual Retreats and webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

BOOKS BY AiR

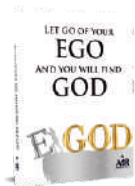






Let Go of Your Ego and You Will Find God

Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy is the ME! The Mind and the Ego envelop us in ignorance, and we go round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego. It will open the door to eternal peace and everlasting joy. If only you let go of your Ego, you will move from Self-realization to God-realization and will realize God within.



LET GO OF YOUR EGO AND YOU WILL FIND GOD

Are you in search of God? Are you seeking God?
Here is some good news! There is a way to find
God. All you have to do is to let go of your ego.


Most people don't realize a secret

MAN-EGO=GOD

GOD+EGO=MAN

'The kingdom of God is within you.' 'God lives in
the temple of your heart.' God lives within us! Who
then stops us from God? It is our very own Ego that
stops us from realizing God!

This little book will transform your life. It will show
you the way to God. If only you let go of your Ego,
you will move from Self-realization to God-
realization and you will realize God within!

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